

Power Gold Smoothie

Ingredients:

- 2 cups chopped or grated carrots
- 1 1/2 c. pineapple juice
- 1 cup fresh orange juice
- 3 tblsp. honey
- 1/2 c. vanilla yogurt
- 3-4 ice cubes



1. Place only chopped or grated carrots in blender and turn on HIGH. Through lid, slowly drizzle in about 2 to 3 tablespoons of the pineapple juice, allowing the carrots to be pureed until smooth.
2. Slowly pour in remaining juice with honey. Allow to blend until smooth and somewhat frothy; then with blender on HIGH, add ice cubes. Blend until ice cubes are blended smooth. Stop blender, add yogurt, return lid and blend until thoroughly mixed.
3. Pour into chilled glasses and enjoy a great taste with power and energy.

Makes 4-10oz. glasses.

Nutrition per serving:

Calories 180
Total Fat 0 g
Saturated Fat 0 g
Cholesterol 0mg
Sodium 40 mg
Carbs 43g
Dietary Fiber 2g
Protein 3g

****Chef's Note:** Using raw carrots in this smoothie will produce a unique texture. If a smoother consistency is desired, microwave the grated carrot with 1 tablespoon of water in a covered microwave dish on high for 2 to 3 minutes. Proceed as directed above.

Credit: Recipe developed for the Produce for Better Health Foundation by Chef Carmen I. Jones, CCP.